



## Thursday Thoughts 4-4-2024:

Success to Significance:  
*Think of the significance of the arts...*

***"The aim of the arts is to represent  
NOT the outward appearance of things,  
but their inward significance."***

*~Aristotle*



LINKS and INFORMATION: ([Link to newsletter on our Pegasus/GT web page including pictures.](#))

- There was incredible fun and learning that took place pre, during, and post the AP Physics class Cardboard Boat Races on the Thursday before spring break! Mr. Vollbrecht and I want to thank everyone that helped make this happen...especially the AP Physics students for their amazing ingenuity and creativity, as well as their wonderful comradery, sportsmanship, and for making it fun day...Panther Pride all the way!





- Here is a link to about 500 Mary Poppins photos that I took of both casts during the shows. Feel free to share the link. <https://drive.google.com/drive/folders/15V-WT3Wps06e6RGTK1cpyu6j736ekOEL?usp=sharing>
- **Solar Eclipse on April 8<sup>th</sup>...Ideas and Activities:**
  - **From DPI:** Excite children's sense of wonder about the world around them by viewing the solar eclipse! [Max view in Plymouth, WI is on Apr 8, 2024 at 2:08 pm](#) and at [0.889 Magnitude](#). The solar eclipse starts across the US on Monday, April 8, 2024 at 12:53 pm and ends at 3:21 pm with a duration of 2 hours and 28 minutes. Here are [stories from different cultures](#), connections to literacy, mathematics, and social studies. [Read here about the Anishinaabe \(Ojibwe/Chippewa\) cultural understanding of solar eclipses, and how to connect that with your solar eclipse teaching.](#)
  - **From TechNotes:** Here are 4 good 2024 Solar Eclipse Activities: [1-2024 Solar Eclipse Breakout Room](#), [2-Write Solar Eclipse Myths](#), [3-It's All About the Sun](#), [4-Eclipse Stop Motion Animation](#).
  - **From We Are Teachers:** [How to make a Solar Eclipse viewer](#) (Directions + Free Worksheet)
- Earth Day is April 22....Time to start planning with [Earth Day ideas to inspire young Eco-Heroes!](#)
- **From We Are Teachers:** Celebrate National Poetry Month...
  - [75 Must-Share Poems for Your Classroom](#)...New finds and old favorites!
  - Spring themed poems: [47 Beautiful and Inspiring Spring Poems](#) and [58 Captivating Haiku Examples for Kids \(and Adults!\)](#) and [40 Inspiring Poetry Games and Activities for Kids and Teens](#) and [Kids of All Ages Are Writing Breathtaking Poems Using These 5 Simple Prompts](#)
- **The Big List of Student Contests and Competitions...**[50+ contests for STEM, ELA and the arts, and more!](#)
- **American Players Theatre's ACT Camp is Back!** This year's camp will take place in person, July 14 - 19, 2024. For young people with a passion for acting, [APT's ACT \(Acting for Classical Theater\) Camp](#) is a unique opportunity to work with professional teaching artists in the beautiful Driftless Area, culminating in a performance on an APT stage. ACT Camp is open teens who will be entering 9th through 12th grades in the fall. APT will accept up to 35 participants. Campers must submit an application to be accepted. 2024 ACT Camp application closes Sunday, April 7 at 11:59 PM!
- **From TechNotes:**
  - [Eat That Frog: Reduce Procrastination and Improve Task Management](#)
  - Instrument Playground: Making Music is Google to My Ears...Unlike other AI-powered tools, [Instrument Playground empowers you to mix words and instruments.](#)
- **Celebrate the amazing Librarians/Media Specialists in our schools today on National School Librarian Day!** Thank you for all you do for the students and staff of PJSJ!
- **Celebrate yourself tomorrow, take some time for yourself and celebrate National Self-Care Day!**
- **From 2E Guru Seth Perler:** [Why Executive Function is a QUALITY of LIFE issue...](#)
- **From NAGC:**
  - [Gifted Kid Burnout Is Real—How to Spot the Signs and Overcome It.](#)
  - [How to raise a gifted child](#)...suggested strategies and valuable resources.
- **From Zooniverse:** New project, [Arctic Archives: Unraveling Greenland's Weather History](#), is now live!
- **From Bright and Quirky:**
  - Susan Baum, PhD and Zach Morris, MEd, give [insight into how a child's brain wiring may not fit well with the environment they're in, leading to trauma](#). They say, "Instead of asking a flower to change its petals, plant it in a different garden."
  - [Social struggles at school?](#) Caroline Maguire, MEd, shares how to "read the room," an incredibly useful skill to socially assess a situation and identify your next step toward connection.
- **From Theater for Young Audiences:** [Snow White and the Seven Endings- Traveling Summer Camp](#)... In this camp, we will teach you how to audition, explore character development, and learn seven different genres of theatre!

Everyone gets a role as we perform around Sheboygan County telling the story of Snow White and the Seven Endings.

- **Registration for SOAR Camp 2024 is live** through the end of May, however the camps will likely fill much sooner. If sessions are full, your child will be added to the waiting list in the order received. Location: Upham Woods Camp-Outdoor Learning Center in WI Dells. SOAR Camp is for gifted 3-8th graders. The upper grade camp will be three nights for 6-8th graders from July 20-23rd, 2024. The lower age group will be a two-night camp for 3-5th grade from July 14-16th, 2024. Here is the link to the website: [SOAR Website](#)  
If you need financial support, SOAR Camp has limited scholarships available: [WATG Scholarships](#)
- **Byrdseed Puzzlements for 4-4-2024**
  - Stunning time-lapse footage of [glaciers flowing like very slow rivers](#) from Dr. Gabrielle Walker. The time-lapse starts around 0:45.
  - Each of these very different images, selected by Alan Taylor, [shows seven square miles](#) of the Earth's surface. *Fascinating!*
  - Check out [these photos of butterfly wings](#) from Chris Perani! Perhaps let students see the photos first and then predict what they think they are. Also... how does he do it?
  - An animated map of [the most populous city in the world](#) throughout history. Lots of interesting trends to watch for. The 20th century starts at 8:47.
  - Jérémie Carrier plays a note on the marimba over and over across 15 takes. [Each take is played at a slightly slower tempo](#), just 0.2 of a beat per minute per take. The result is a shifting, hypnotic mess of notes that occasionally line up in beautiful ways. Make it to the end and you'll hear everything sync back up!
  - **It is important to aim high and scaffolding down**, my favorite take: [Why my toddler likes Lego, not Duplo.](#)
  - Popular Puzzlements: [Flamingos swim with stingrays](#), [Oh, that's how they make rubber bands](#), [A building made of 20,000 popsicle sticks](#).
  - This month, we're highlighting lessons [related to Earth Day](#) and [National Poetry Month](#).
- **From UW-Madison Badger Precollege:**
  - [Badger Precollege Senior, grades 9-12](#)
  - [Badger Precollege Junior, grades 2-8](#)
- **From MITY:** MITY is currently accepting applications for current 1st - 11th grade students. [Minnesota Institute For Talented Youth](#)
- [Beast Academy Playground](#)...K-12 Beast Academy Playground helps kids build numerical literacy and problem-solving confidence with **free** and fun tabletop-hands-on math activities. It has filters for ages 3 through 11+ and most all math concepts. (Click on the filter links to get all the free activities!)
- **This August, UW Oshkosh will once again be holding the Summer Oshkosh Mathematics Academy (SOMA).** For more information about SOMA, including how to register, please visit <https://uwosh.edu/mathematics/outreach/soma/>
- **Facts about Arts Education:**
  - Students engaged in arts learning have higher GPAs and lower dropout rates; as well as their standardized test scores are higher than students not engaged in the arts.
  - Data from schools in the Turnaround Arts program between 2011 and 2014 experienced a 22.5 percent and 12.6 percent improvement in math and reading proficiency respectively for students involved in the arts.
  - The arts teach the skills employers are looking for according to a new report from the World Economic Forum.
  - Students who take four years of arts and music classes score an average of over 150 points higher on the SAT than students who take only one-half year or less.
  - We are all concerned about anxiety and students' mental health, it is important to note how the arts can help. Research from the University of Western Australia suggests exposure to the arts for just two hours every week can improve mental health and overall well-being.

- The arts are recognized as a core academic subject under the federal Elementary and Secondary Education Act, and, as of 2020, all 50 states plus the District of Columbia have adopted standards for learning in the arts.

## **Mindful Minute:**

***“Patience is a form of wisdom.  
It demonstrates that we understand  
and accept the fact that sometimes things  
must unfold in their own time.”***

*~ Kabat-Zinn*

From *Total Wellness*: **“Why Nature Walks Are Essential for Health.”**

**Cultivate Compassion Guided Meditation**

Five **Calming Mind-Body Exercises** To Try With Your Students

***ALWAYS...Be inclusive...ALWAYS...Be kind!***

## **Kindness Meditation**

**Mental Health and the Great Outdoors Activities** from Mental Health America-Lakeshore

**March Youth and Family Resources** (Thanks Matt Mueller, PJSJ PATH Coordinator)

- **Get some air and exercise** in our parks, on our trails, or in some upcoming Walks/Runs/Races:
  - **Enjoy our many State Parks, Forests, and Trails!**
  - **Enjoy our many National Parks, Forests, and Trails!**
- **Mental Health America resource links:**
  - **School Resources and Toolkit**
  - **Community Mental Health Resource Card**
  - **MHA Lakeshore Mindfulness Resources**
  - **Youth Mental Health Crisis Card**
- **From ByrdseedTV:** **Videos about anxiety, the brain, and calming down.**

SLÁN AGUS BEANNACHT (Salutations and blessings in Gaelic) pronounced: slawn og-us bann-ockt

Share Positivity!

: -)

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Education is the key to unlocking a world of knowledge, possibilities, and opportunities.

Turn the key!

Just be sure to turn that key with kindness, love, and gratitude to all that you bestow! ~RS